



Crumbed Chicken Dippers & Rosemary Wedges with Cherry Tomato & Ranch Salad

KID FRIENDLY

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Rosemary



Carrot



Snacking Tomatoes



Nan's Special Seasoning



Panko Breadcrumbs



Chicken Tenderloins



Mixed Salad Leaves



Ranch Dressing



Garlic Aioli



Parmesan Cheese

Prep in: 30-40 mins
Ready in: 35-45 mins

Eat Me Early

We're officially making chicken (dippers) tonight, so don't be afraid to break out your best chicken dance! We recommend drizzling over the delicious garlic aioli, but these are called dippers, so if you want to grab 'em and dunk 'em, we won't tell anyone. Promise.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Egg

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Air fryer or oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
rosemary	2 sticks	4 sticks
carrot	½	1
snacking tomatoes	1 medium packet	2 medium packets
Nan's special seasoning	½ medium sachet	1 medium sachet
salt*	½ tsp	1 tsp
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 medium packet	1 large packet
ranch dressing	½ medium packet	1 medium packet
garlic aioli	1 medium packet	1 large packet
Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3014kJ (720Cal)	474kJ (113Cal)
Protein (g)	50.2g	7.9g
Fat, total (g)	31g	4.9g
- saturated (g)	4g	0.6g
Carbohydrate (g)	59.1g	9.3g
- sugars (g)	16.8g	2.6g
Sodium (mg)	1125mg	177mg
Dietary Fibre (g)	12.7g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3222kJ (770Cal)	496kJ (119Cal)
Protein (g)	54.3g	8.4g
Fat, total (g)	34.6g	5.3g
- saturated (g)	6.6g	1g
Carbohydrate (g)	59.3g	9.1g
- sugars (g)	16.9g	2.6g
Sodium (mg)	1257mg	194mg
Dietary Fibre	12.7g	2g

The quantities provided above are averages only

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into wedges.
- Pick and finely chop **rosemary** leaves.
- Place **sweet potato** and **rosemary** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily!

TIP: If your oven tray is crowded, divide the wedges between two trays.

2



Get prepped

- Meanwhile, grate **carrot** (see ingredients).
- Halve **snacking tomatoes**.

3



Crumb the chicken

- In a shallow bowl, combine **Nan's special seasoning** (see ingredients), the **salt**, **plain flour**, **egg** and a good pinch of **pepper**.
- In a second shallow bowl, combine a drizzle of **olive oil** and **panko breadcrumbs**.
- Dip **chicken tenderloins** into **egg mixture** to coat and then into **breadcrumbs**. Transfer to a plate.

Little cooks: Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers!

Custom Recipe: If you've added Parmesan cheese, add Parmesan to panko breadcrumbs as above. Crumb chicken as above.

4



Cook the chicken

- Set air fryer to **200°C**. Place **crumbed chicken** into the air fryer basket and cook until golden and cooked through (when no longer pink inside), **12-15 minutes**.

TIP: No air fryer? In a large frying pan, add enough olive oil to coat the base over medium-high heat. When oil is hot, cook chicken, in batches, until golden and cooked through (when no longer pink inside), 3-4 minutes each side (depending on thickness). Transfer to a paper towel-lined plate.

5



Make the salad

- While chicken is cooking, combine **carrot**, **tomatoes** and **mixed salad leaves** in a medium bowl.
- Add **ranch dressing** (see ingredients), tossing to coat. Season to taste.

Little cooks: Take the lead by tossing the salad!

6



Serve up

- Divide crumbed chicken dippers, rosemary sweet potato wedges and cherry tomato and ranch salad between plates.
- Serve with **garlic aioli**. Enjoy!

Custom Recipe: Divide crumbed cheesy chicken dippers, rosemary sweet potato wedges and cherry tomato and ranch salad between plates.

We're here to help!

Scan here if you have any questions or concerns

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